

Nutrition For People With HCV
Follow These Basic Rules of Eating To Stay Healthy

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Eat a high protein diet

Fish, especially the oily ones like salmon and sardines are super foods for you. Well-cooked sea foods, chicken and turkey are also good lean choices. Low fat cuts of pork are also ok, as are low fat cottage cheese and lite cheeses. All these protein foods are used for repairing liver cells and making antioxidant enzymes. A reasonable amount of protein is twice the RDA, or 3/4 of a gram of protein for each pound of ideal body weight. Eat beef and hamburger as special treats. The iron in these meats damages liver cells and genetic material. The damage raises risk of liver cancer.

Eat healthy fats

Eat lean sources of protein, especially more fish, chicken and turkey. Use olive, canola or peanut oil for cooking. Fish oils, popular in heart health, are also good for the liver. They reduce inflammation and help the liver clear out stray fat particles, turning them into energy. Try to have less cream, butter and cheeses; these saturated fats make it harder for insulin to manage sugars. Also avoid the polyunsaturated fats, like vegetable oil and corn oil. They are easily damaged by free radicals, and go rancid in the liver, increasing the rate of inflammation and scarring.

Start to cut down on simple sugars

This means cut back on the number of sweet sodas and juices you drink. Also eat less candy, pies and pastry. When you have grain foods, like bread, pasta and cereals, pick foods that are whole grain, like bran cereals, oatmeal, 100% rye or whole wheat bread and brown rice. All these foods are slow carbs, foods that digest slowly, and raise blood sugar slowly: meaning less stress on the insulin system. Also, excess sugars can turn to fat in the liver, and the fat has trouble being used up, so it clogs the liver.

Maintain ideal weight

Even a small amount of liver damage can cause you to have some difficulty processing sugar. This mild insulin resistance is a pre-diabetes condition. Carrying extra fat weight on your body makes it even harder for insulin to do its job, and risk of advancing to true diabetes gets higher.

Avoid liver-toxic items.

Tops on this list are **acetaminophen** (the drug in Tylenol) and **alcohol**. A drink is a drink. A 12 oz. beer, 5 oz. of wine and 1 ounce of hard liquor all have the same amount of liver-toxic alcohol. Avoid foods with iron: beef steaks, burgers, fortified breakfast cereals, molasses, and drinks like Ensure and Boost.

Use this table as a shopping list

FRUITS	VEGETABLES	NUTS	PROTEINS	STARCHES
Apricots	Asparagus	Brazil nuts	Sardines	Sweet potato
Apples	Broccoli	Walnuts	Salmon	Peas
Bananas	Spinach	Pecans	Trout or cod	Corn
Blueberries	Dark lettuce	Almonds	Haddock	Plantain
Strawberries	Kale	Cashews	Chicken	Buckwheat
Oranges	Greens	Flax seeds	Turkey	Chick peas
Pineapple	Tomato sauce	Sunflower sds	Cott. cheese	Corn tortillas
Cantaloupe	Green beans	Pumpkin sds.	Lean pork	Kidney beans
Watermelon	Winter squash	Macadamias	Lite cheese	Black beans
Peaches	Carrots	Peanuts	Vege burgers	Pea beans
Nectarines	Mushrooms	Canola oil	Eggs/whites	Lima beans
Pears	Brus. Sprouts	Olive oil	Tofu	Lentils
Mangoes	Cauliflower	Peanut oil	Whey Prot.	White potatoes

Eat plenty of good foods for liver repair and immune cell growth:

Every day, eat a diet that includes:

1. Protein foods at breakfast, lunch and dinner
2. Fruit servings 3-4 times per day
3. Vegetables, at least 2 cups a day
4. Carbohydrates that digest slowly
5. Fats that do not harm your liver or heart

Don't get stressed out if this seems like you will have to make too many changes in how you eat. Just start somewhere and make progress over the months. You are still supposed to enjoy lots of good food. Here are some easy changes you might start with.

- Lean ham replaces fatty sausage in a breakfast sandwich
- Ground turkey replaces beef hamburger in spaghetti sauce or lasagna.
- An apple and a handful of walnuts replace candy as an afternoon snack.
- Pork chops instead of steak for dinner, much less iron and fat.

Take some vitamins and other supplements to keep your liver in great shape.

Step 1. Shop www.bostonbuyersclub.com for supplements

An enhanced iron-free multivitamin that includes adequate amounts of magnesium, zinc, & selenium for immune cell support. Extra antioxidants, especially vitamin E and vitamin C, to prevent inflammation and scarring.	Iron-free Perfect Blend, [by Supernutrition] (from houstonbuyersclub.com) or Two Per Day Tablets [Life Extension] (from TheVitaminShoppe . com)
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Step 2.

Glutathione support, as extra liver repair material, immune cell support and added antioxidant power, especially if ALT is >80.	NAC (cysteine) 1-2 grams per day L-glutamine, 5 grams (1 teaspoon), taken once or twice per day
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Step 3

Mitochondrial support, to restore or boost energy And offset toxicity of Ribavirin	L-carnitine: 1-2 grams per day Co-enzyme Q10: 100 mg per day.
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Do Step 1 all the time, and then do Steps 2 & 3, either continuously, or as needed.

A day of good eating:

Breakfast: whey protein-fruit smoothie, or cottage cheese and fruit, & a handful of walnuts.

Snack: oatmeal or 100% rye toast with Smart Balance tub margarine.

Lunch: salmon salad on whole rye or wheat bread, plus a few carrots.

Snack: trail mix; or some fruit and a handful of nuts or seeds.

Dinner: fish, chicken, turkey or pork, roasted sweet potato or peas, lots of vegetables.

Snack: more fruit; plus a low fat, low sugar yogurt

If thinking about herbs, learn about milk thistle, and about extract of Reishi mushrooms [*Ganoderma lucidum*].

www.eatupbooks.com